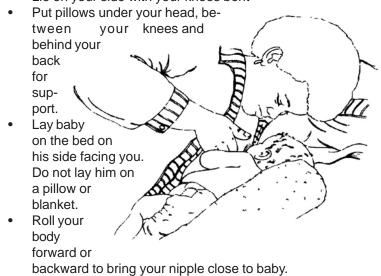
# 3 BREASTFEEDING FACT SHEET

## **BREASTFEEDING POSITIONS Cradle Hold** Lay baby on her side with her tummy next to your tummy. Hold her head in the crook of your arm. Put baby's lower arm around your waist. Support baby's back with your forearm. Hold baby's bottom or leg with your hand. Baby "hugs" the breast. Put pillows under your arm or under baby, so you don't have to hold her weight.

#### **Lying Down Position**

• Lie on your side with your knees bent



• If it is more comfortable, support baby's head and back with your lower arm.

#### Football Hold

- Lay baby next to your side on pillows.
- Hold baby's head and shoulders with your hand.
- Support baby's back with your forearm.
- Let baby's bottom and legs rest on the chair or have his legs go up the back of the chair.
- This position is especially good if your baby has trouble starting nursing.



### After a Cesarean Birth

You can use any

breastfeeding position. To be more comfortable and protect your stitches:

- Support your head, shoulders and arm with pillows.
- Put a pillow across your belly.
- Be sure baby's legs point away from your stitches.
- Bend your legs a little and brace your feet on a footrest if you